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CITY OF CHICAGO

**FOR IMMEDIATE RELEASE**

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**MAYOR EMANUEL, CHICAGO PARK DISTRICT AND CARA ANNOUNCE 'GO RUN RETURNING  
THIS FALL**

*1 mile and 5K runs resume September 24*

Mayor Rahm Emanuel, the Chicago Park District and the Chicago Area Runners Association (CARA) today announced 'Go Run, a free series of organized and timed 1 mile and 5K community runs in neighborhood parks across the city, will return this fall for eight weeks. It is a community-based initiative that serves to activate neighborhood parks and to strengthen communities by encouraging an active lifestyle through running and volunteerism.

"This summer we saw 'Go Run's ability to build a stronger social fabric in communities across the City of Chicago," said Mayor Emanuel. "Residents were able to get to know their neighbors, hit physical milestones and even make new friends all within their local park."

'Go Run kicks off Saturday, September 24 at three separate park locations: Humboldt Park, Warren Park and Washington Park; and they will continue to take place every Saturday at 9 a.m. for eight consecutive weeks, until November 12. Participants will be able to choose to run or walk a 1 mile or 5K course, located entirely within their neighborhood park.

"Having produced 48 'Go Runs in the summer series, we found that it became more than just a run in the park," said CARA Executive Director Ed Zylka. "Many beginning runners experienced a life change through 'Go Runs. Our volunteers that came out made it a weekly routine, and felt the same sense of accomplishment as runners. We look forward to hosting the fall series, continuing the free and friendly vibe of the program."

'Go Runs are open to everyone, from long-time runners to newcomers, who are interested in coming out to their neighborhood park to race, run, jog, walk or volunteer. Families and children are encouraged to participate. The volunteers at each 'Go Run are as important to the mission of the program as are the runners and walkers. Volunteers are not only needed to help support each run, but also to encourage greater community engagement at each 'Go Run.

“We are excited to continue this partnership with the Chicago Area Runners Association,” said Chicago Park District General Superintendent and CEO Michael Kelly. “This joint venture, created fun and activity-rich environments for avid runners to enjoy in their own neighborhood parks, and served to inspire community members, young and old, to stay fit and healthy as they participated in new experiences close to home.”

Participants and volunteers can sign-up online at [www.cararuns.org/en/GoRun/](http://www.cararuns.org/en/GoRun/) or participants may register before the run each Saturday between 8:15 a.m. and 8:45 a.m. After sign-up participants will be registered for all eight weeks of the program and will be able to run at any of the three parks that are part of the summer series. Participants are not restricted to a single park. Volunteers should pre-register online and will be able to sign-up for the entire program in a single registration, but will be asked to identify which Saturdays they are available to volunteer. Participants may also volunteer for pre-run roles and then join the run.

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**CARA**, a non-profit organization has been dedicated to running advocacy in Chicago and suburbs since 1978. Starting as the local running club, CARA has grown into the organization that championed the running movement across Chicagoland. Now the nation’s third largest running club, CARA helps runners run better, farther, faster and with more fun by clearing paths to a wealth of training, social, outreach and advocacy programs, while promoting friendships and personal fulfillment.

**The Chicago Park District** is one of the largest municipal park managers in the nation and oversees more than 8,100 acres of green space, more than 580 parks, 26 miles of lakefront, nine museums, two world-class conservatories, 16 historic lagoons, nearly 50 nature areas and thousands of special events, sports and entertainment programs. In addition to serving residents, a number of these parks and beaches are popular tourist destinations.